

# South of the Border Breakfast Tortilla

This is a quick and easy breakfast with a Mexican flair, high in fiber AND protein, which combines a whole-wheat flour tortilla with natural refried beans, eggs, salsa and avocado.



This is a good breakfast, brunch or lunch dish. Look for natural, vegetarian refried beans. Most of the fat in this dish is “good fat” from the avocado. Check out the high fiber content!

## Ingredients:

- 1 whole-wheat flour tortilla
- 1/4 cup low-fat, all-natural refried beans
- Olive oil cooking spray
- 1 egg (preferably organic)
- 2 T salsa
- 1/4 avocado

## Preparation:

Heat the tortilla in the oven briefly until it is slightly crisp. In the meantime, scramble the egg in a little cooking spray and heat the refried beans in the microwave. Place the beans on the crisp tortilla and top with scrambled egg. Garnish with salsa and avocado slices.

## Nutrition Facts

Yield 1 serving

Amount Per Serving

**Calories** 302

**Fat** 14.5 g

**Saturated fat** 3 g

**Protein** 13 g

**Carbs** 30 g

**Fiber** 7 g

**Sodium** 386 mg

**Cholesterol** 187 mg

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